CLARINE SEYMOUR'S RULES FOR GRACE

Don't Overdevelop Muscles, Warns Star of D. W. Griffith's "The Idol Dancer."

Strong condemnation of most physical exercises advocated for health building, as far as they apply to women, is given by Miss Clarine Seymear, the actress whose physical feats and dancing in D. W. Griffith's latest production for the screen, "The Idol Dancer." has gained more than unusual praise from critics. She de-clares that most of the exercises result in the building up of muscles, the development of which destroys the grace and natural charm of wo-

Miss Seymour originated her own system of development which makes for suppleness, grace and endurance, rather than ability to lift heavy weights and do other feats of spec-tacular strength. Small and slender, and with the willowy grace of youth, Miss Seymour's appearance belies her ability to do the things which appear so easy to her in Mr. D. W. Griffith's

Grace, Not Musele, for Women. "Good circulation is the first requisite of health," says this newest star of filmdom. "Strength comes secondary. Persons with bulging muscles are often in bad health, due to stagnant blood, for it does not follow that hugh physical development denotes good health. The exercise denotes good health. The exercise necessary to gain this development may, however, result in good health, although this does not necessarily

Exercises Make for Speed. Miss Seymour prepared the following list as the exercises which she

sed in bringing herself to her present state of development. 1-Quick, deep breathing before an open window three or four times a day. To be continued until un-

comfortable. 2-Extending the arms outward from the shoulder and then moving them so that the fingerf tips describe a large circle, as rapidly as possible until the fingers tingle.

3-The same movement with arms extended above the head. 4-Standing on one foot and describing as wide a circle as possible with the toes of the other as rapidly as possible.

5-The same exercise standing on

6-With feet slightly spread apart revolve the upper part of the body from the hips so that the head de-scribes a circle. This exercise must be performed slowly at first, but as it continued the disziness caused will gradually disappear, until it is possile to remain clear headed no matter low fast the motion. Climbs Sixty-Foot Tree.

Miss Seymour said that after a person has continued these exreises for some weeks, standing on tiptoe while performing exercises 3 and 4, they will be found very conductes to graceful dancing. As to the efficacy of the exercises, the best proof is in the way Miss Seymour climbs a sixtyfoot palm tree in "The Idol Dancer," which will be the attraction at Moore's Rialto Theater beginning tomorrow.

MOVIE BOLSHEVIK

Thomas H. Ince ran into unexpected complications when he attempted to make scenes for his latest produc-tion, "Dangerous Hours," at Loew's known. Columbia temorrow. utmost in realism for the picture, Mr. Ince and his company journeyed to the silk mill district of Paterson, N. J. The underlying theme of the film is the current radical unrest and the producer planned a big scene in front of a factory, in which an actor playing the role of Bolshevik agitator harrangues the crowd.

Mr. Ince had no trouble securing "extras" for the scene. It was "shot" during the noon hour, and the hundreds of workmen who crowded around made it difficult to use the camera. They shouted, gesticulated, and waved their arm while the movie Bolshevik spoke in impassioned lan-guage to them. Mr. Ince grew un-easy. When they started surging toward the factory entrance in an angry mob, his fears were realizedthey had taken the speech for the real thing. He ordered the camera to stop clicking at once and called off the orator, then with considerable difficulty dispersed the audience.

KID BROARD MAY NOT BE HANDSOME, BUT—

The sport writers used to wax bumorous over the battle-scarred D. W. Griffith Production. features of Kid Broad, the erstwhile lightweight pugilist. Now the Kid's face is proving his fortune in motion

Not that he will ever win any handsomest man contests. Rather it is his ack of pulchritude that makes him fit like a glove into roles that require him to portray tough citizens. In "Easy to Get," the picture at Cran-dall's Knickerbocker Thursday and Friday of next week, the Kid plays a fugitive convict in the company sup-porting Marguerite Clark.

CLES _MAT. TODAY Fonight 8:20 LAGE FOLLIES

BARNEY BERNARD "HIS HONOR, ABE POTASH" "The Finest Acting in the Finest Comedy of the Season."

Direct From 8 Months on Broadway. SHUBERT-BELASCO Direction Meets

Today 2:20-Tonight 8:20. LEO CARRILLO "LOMBARDI, LTD."
With GRACE VALENTINE
Beginning Monday—Seats Now.
JOHN D. WILLIAMS Presents
"ALL SOULS" EVE."
A new play of the supernatural
by Anne Grawford Pleaner, with
LOLA FIRMER



"Down on the Farm."

Mack Sennett, probably the greatest producer of screen farces in the universe, sends to Loew's Palace Theater tomorrow and all week his very newest and greatest five-part special comedy production, "Down on the Farm," a high-geared, fast-moving comedy of rural life that is said to represent a finer quality of comedy producing than "Mickey," that earlier Sennett classic.

The cast includes Ben Turpin, Louise Fazenda, Marie Provost, Little John Henry, the Sennett baby, the Sennett cast dog, geese and other farm requisites, as well as an added number of Sennett girls and actors.

This production represents not only Sennett's greatest farce effort to date, but it represents likewise the first comedy to be released through the organization formed by D. W. Griffith, Mary Pickford, Charles Chaplin and Douglas Fairbanks. Its plot defies analysis, and it would be unfair, in fact, to reveal it.

veal it. Loew's Palace Theater, in an- when they set out aboard their yacht nouncing this production, has ar-ranged to lend it all the supplemental and native atmosphere. exhibition features required by a pic-ture of this size and the musical score blending of romance, drama and comof the week, given by the Palace edy, unfolding a love conflict fanned Symphony Orchestra, under the direc- by a mysterious dancing beauty to tion of Thomas J. Gannon, will be an blazing heat between a Puritan youth attraction that alone will contribute materially toward making the present week one memorable in the annals of the Palace.

Awaiting the white plague's toll and a magnificently reckless, gin-loving young beachcomber. The feud grows until a "Blackbirder" exploiter of native labor finds the shrine of the half-

METROPOLITAN. Star Cast in

"Just a Wife."

"Just a Wife," a picturization of the Broadway stage success by Eugene Walter and the first production released by National Pictures, will be the chief attraction at Crandall's Metropolitan Theater for the entire week beginning tomorrow. The principal roles in this splendid American

drama are portrayed upon the acreen by Kathlyn Williams. Roy Stewart and Leatrice Joy.

The story concerns the experiences of a young Napoleon of finance, his child and his confidential secretary, who permits love to creep into her work at the Garden tomorrow.

Why Change Tour Wife?" the finest work to date of that eminent producer, Cecil B. DeMille, opens its third consecutive and record-breaking who permits love to creep into her work at the Garden tomorrow. man whose destinies in the commer-cial world she so largely dominates. cial world she so largely dominates. ences, to which it has been playing the role of the young railroad giant every performance since the day of its played with virility and impresprended by the results of the role of the premiers here. ive strength by Mr. Stewart; that of BOLSHEVIK

the wife with ingenuous charm by Miss Joy, and the compelling role of the confidential secretary with her accustomed skill by Miss Williams. The romance which Mr. Walter conceived of the youthful millionaire's awakening to the real caliber of his gentle little wife constitutes one of the most interesting, as well as con-

> The bill, as usual, will be supplemented by a wide variety of pictured subjects and musical features.

KNICKERBOCKER.

Notable Cast in

"Just a Wife." Kathlyn Williams, Roy Stewart and Leatrice Joy are the foremost members of the notable cast selected by National Pictures for their first release, "Just a Wife," which will be shown at Crandall's Knickerbocker

Theater tomorrow and Monday. The principal supplementary offerng will be Snub Pollard in a new comedy, "Speed to Spare." On Tuesday and Wednesday the fea-

ture will be "Huckleberry Finn," in which the title role is played with exceptional skill by Lewis Sargent. For Thursday and Friday, Marguerite Oark is announced as the star in Easy to Get," in which she is supported by Harrison Ford. The complimentary feature will be the new Sunshine comedy, "The Lightweight Lover.

On Saturday only, Marion Davies and Conway Tearle will be screened in the stellar roles of "April Folly."

RIALTO.

"The Idol Dancer," D. W. Griffith's latest special production as presented by the First National Exhibitors, opens a week's engagement at Moore's Rialto Theater tomorrow, and from all advance reports Washington motion picture patrons are promised one of the most royal entertainments offered for their amusement this sea-

"The Idol Dancer" is the picture by the story in printed form, so far which almost cost the lives of Mr. Griffith and his party off the Bahamas

LOEW'S

Continuous, 10:30 a. m.—11 p. m.

LAST TIMES TODAY

ROBERT

THOU ART THE MAN

LOEW'S

GOLUMBI*R*

Continuous 10:30 a. m.—11 p. m.

LAST TIMES TODAY

DUSTIN

"The Corsican Brothers"

ALACE

A Column or So of The story depicted is a masterful CHATTER

GARDEN.

Why Change Your Wife?" well de-

serves the absolute capacity audi-

COLUMBIA.

The featured attraction at Loew's

Columbia Theater for the four days

eginning tomorrow will be "Danger-

ous Hours." the great study in Amer-

be animated as "The Chemists."

two-reel farcical ebulliences.

"The Eyes of the World"

as Washington is concerned.

With All-Star Cast.

STRAND.

enjoyed a sale of more than 1,000,000

copies, bids fair in photo-dramatic

Theater, opening its second consecu-

Thomas H. Ince's

"Dangerous Hours."

"Why Change Your Wife,"

French, half-Javanese beauty, brings to her a knowledge of the outside world; breaks the fetters of longing PREE MOVIE TICKETS: for the Puritan and awakens the dere-lict beachcomber to manhood and life. A special musical score has been arranged. Overture for the week, "Venetian Moon."

MOVIE FANS: Here's your chance to go to the pictures free. I'll give a pair of tickets to some one of the leading downtown theaters to each movie fan whose contribution is printed in this celumn. So if you have anything that you think will land—be it seriour or otherwise—just address it to me, and if it's printed, your tickets will be mailed to you. H. C. L. The strike threat of the employes

About the Movies

By H. C. L.

Monroe Sansbury

Metropolitan Theater, where an inde-pendent power plant has recently was perfect. were made of her and her registration plemented by the Hallroom Boys in "Oh. Boy;" Friday and Saturday, Mar-guerite Marsh in "Wits vs. Wits". been installed. Johnnie Payette, as sistant manager of the Crandall theaters, and Ed Talbot; manager of the Metropolitan, got themselves busy and acquired oceans of kerosene, lubricants, and other essentials and put the system to a test. It worked with such complete success that announcement is made from the Crandall executive offices that no matter what happens to the outside power plants the Metropolitan will confidently display the sign, "Business" bear H. C. L.—At Moore's Garden Theater I witnessed "Why Change Your Wife," and cannot say too much in its praise. It has class, humor, plausibility and purpose, and is interpreted by an unexcelled cast of screen stars. It compels sympathetic attention from attent to finish. The scenes are laid mostly in pleasant places and the complete absence of the nordid realities of life puts it in a class by itself. Engaged couples particularly and married couples generally can learn a whole lot from this ply, besides getting an evening's delightful entertainment from it. dently display the sign, "Business

canism, by Thomas H. Ince, in which as Usual." a story of great and abiding love, backgrounded against the tempestubackgrounded against the tempes Ince has drawn upon the silversheet

at Crandall's Theater tomorrow only in "Alarm Clock Andy." As an added

"Mickey," who seems to be an obattraction Mesers. Mutt and Jeff will servant little lady, pens us a note to For the three days begining Montell that in "Double Speed" Miss Hawday, a double feature bill will be preley wears two hats in the one scene sented. The attraction of primary imwhere Wallace Reid blocks traffic to portance is "The Atonement," in where Wallace Reid blocks traffic to which the leading role is portrayed kiss her. And in one of Connie Talwith his usual suavity and power by madge's late pictures. Connie's hand Conway Tearle; the secondary offer-ing, "Baffled Ambrose," in which shoulder is bare of either wedding or shoulder is bare of either wedding or engagement ring. "Mickey" wants to Mack Swain has one of his funniest know "how come?"

M. V. A., my most faithful contrib., came through last week with a play on "H. C. L." that made me use a dictionary. To return the compliment. Harold Bell Wright's red-blooded M. V. A., perhaps your initials might and romantic novel of California, "The Eyes of the World," which has stand for Miranda Vivian Aurora. Or Amabel?

Tom North, to whose capable hands form, as presented at Moore's Strand Tom Moore has delegated the conduct of his entrprises here, found lots of tive week of showing tomorrow, to amusement in the recent fistic tilt break all records in popularity made between Charlie Chaplin and Louis B. Mayer. North got busy right after he read about the fireworks and sent

F ST. AT TENTH

TODAY'S BEST ATTRACTIONS REMAIN

IMI ETROPOLITA IN

HOUSE PETERS

AND ALL-STAR CAST IN THE EQUITY MASTERPIECE

"SILK HUSBANDS AND

CALICO WIVES"

Supplemented by a Wealth of De Luxe Subsidiaries

TODAY-BEGINNING AT 2:30 P. M.

DOROTHY GISH

Eighteenth and Columbia Roof

the following telegram to Mr. Mayer "Louis B. Mayer, Louis B. Mayer Studios, Mission road, Los Angeles, Cal.:

"APRIL FOLLY

Knickerbocker

"Just closed three weeks at the Strand with a paying picture. Must have attraction to follow to hold up business. Therefore, Tom Moore offers you two weeks, either at Rialto, Strand or Garden Theater to meet Carpentier or any one you name at your own figure. Wire answer quick, as Carpentier does Moore, so do I.
"TOM-NORTH." demands immediate action. So

girl and now residing in Washington, "Forget-Me-Not" as the principal capt. E. F. Stell and principal subsidiary. Capt. E. F. Stoll, author of "Determination," to appear in that production. Miss MacRae will be starred in "The Soul of Man," which will be the subsequent production of the United States Photoplay Corporation. of the Pepco which became ominous MacRae is under a five years' conduring the middle of the week occa- tract. It was on account of her exproducer, Cecil B. DeMille, opens its sioned intense activity at Crandall's ceptional beauty that screen tests

> April 25 will be Elaine Hammerstein Woman Game."

Dear H. C. L.—I like the movies I go Who is the manilest man of the screen? Who puts the thrills in every scene? Who is the movie hero so tall?

MICORE'S RALTO THEATER

11 A.M.-LAST DAY-11 P.M. MARSHALL

NEILAN

Presents

THE RIVER'S END

JAMES GLIVER CURWOOD

A First National Attraction

Overture, "Bohemian Girl." Cello Solo, "Evening Star."

Moore's GARDEN Theater

A.M.-ALL WEEK-II P.M. Jesse L. Lasky Presents

CECIL B.

Super-Production That Amazes With Its Splendor

WHY CHANGE YOUR WIFE?

Featuring

& THOMAS MEIGHAN SWANSON

> A Paramount Arteraft Special

SENNETT COMEDIANS **ALL IN BIG NEW FILM**

Week of April 25

At the Movies

METROPOLITAN.
Alice Joyce will be the pictured star at Crandall's Metropolitan The-

ter throughout the week of April

of the famous Drury Lane melodrama, "The Sporting Duchess."

KNICKERBOCKER.

the title role is played by Alice Joyce. On Tuesday and Wednesday, Mac Murray will be pictured in "On With

The Dance," supplanted by Snub Pol-lard in "Shoot On Sight;" Thursday

and Friday, Constance Binney in "The

CRANDALL'S.

in the latest starring production, "The

Holmes.

Down on the Farm" Enlists Services of Mack's Entire Film-Making Staff.

5th in Vitagraph's superb filmization Mack Sennett studios was almost en-tirely engaged. It is a massive pro-The first two days will be devoted o "The Sporting Duchess," in which duction on which many months were spent and money was poured forth with a lavishness that would be prodigal if it were not for the fact that every dollar brought results in entertainment value. The picture is released by United Artists. Principal among the participants in the center of the plot's speedy ac-

tion are Louise Fazenda, who plays the role of a farmer's daughter and is first shown at her early morning The first three days will be notable duties "down on the farm" shortly for screenings of "The Road To after the rooster of the ranch has Divorce," starring Mary MacLaren. manfully succeeded in getting the and the two-reel comedy riot, "Squeaks lazy sun over the tops of the high and Squawks.' On Wedsnesday and hills; Marie Prevost, one of the pret-Thursday, Charles Ray will occupy the screen as star of "The Hica," supdiennes; Ben Turpin, the funniest of fun makers; James Finlayson, legitimate and screen player of international celebrity; Bert Roach, also an actor with fame from the "speaking stage" and still wider popularity as The attraction at Loew's Palace a screen expert in acting; Harry ler," was completed and ready for Theater for the full week beginning Gribbon, in the part of a farmhand screening was kept a secret especially of romantic tendencies; Billy Armstrong, whose success on the screen ment proved one of the surprises of of American picture comedy has du the conferences. "The New Butler' plicated his triumples as a comedy was shown and created a deep impres-performer on the British stage; and sion. Select Distributing Corpora-last, but by no means least. John tion will handle the physical distri-The attraction at Loew's Columbia Theater for the first four days will Henry Jr., the Sennett juvenile star bution of the subject. O'Brien in "A Fool and whose appeal is as strong as the The acquisition of this star for the For the last three days tiny fellow's presence is diminutive. silver sheet places the Seiznick be "Eugene O'Brien in "A Fool and whose appeal is as strong as the "The Very Idea," starring Taylor He is the youngest and dearest of organization still further ahead in the screen children.

"ETERNAL TRIANGLE" "Just a Wife" Presents Problem of Which Woman Deserves a

ONCE AGAIN—THAT

Man's Love.

A question of ethics with an intensely modern slant is given clever treatment in the big Selznick feature picture, "Just a Wife," to be shown at Crandall's Metropolitan and Knickerbocker Theaters, beginning

Who has the real right to a man's regard and affection-the woman who has been "The Power Behind the Throne," of his life, helping him to success—or the woman who married him for money and then discovered that she loved him? For which does he care?

Shall a woman who has sacrificed her brain power, her youth, and her cood name for a man, step aside in avor of a girl who takes his name egally, enjoys his wealth, and gives othing save a belated affection? Which type of woman does a man truly care for—the intellectual, self reliant kind who can help him build

a fortune or the sweet domestic woman who can surround him with beauty, make him comfortable, and lemand protection? Wife-or good comrade? Which woman finally wins in the eternal battle for love?

These are a few of the phases of an unusual situation which exist in the brilliant drama, "Just a Wife. Elaborate Picture.

The story, written by Eugene Walter, author of "Paid in Full. "The Wolf," and other well-know successes, has been adapted for screen use by Katherine Reed without being weakened in the slighest. Kathlyn Williams, Leatrice Joy and Roy Stew-art, in the leading roles, do convincing work and as a consequence the in terest is held from the first scene to the last. The production is elaborate, particularly effective being "Down On the Farm," which comes some of the exteriors showing the to Loew's Palace tomorrow, is not a country estate of a "railroad king stellar vehicle for the exploitatin of of America. The picture, it is said any particular player's single gifts, was made on the Pacific Coast and but is an "ensemble" production in certainly these exteriors suggest that the great equipment of the land where nature has painted with

WILLIE COLLIER IN

William Collier, long one of the most noted comedians of the American stage, and who is now starring on Broadway in "The Hottentot," has followed the lead of William Faversham, and is to be presented by Lewis Selznick in a feature motion picture. This anouncement was made las week at the Astor Hotel in New York during a business session of the Selznick organization, while over seventy-five branch managers, exploitation men and home office executives were The fact that the first William Col-

lier production, called "The New But ler," was completed and ready for

1920 sweepstakes.



ALL OTHER FARM ESSENTIALS E) ORNA-MENTS IN A RIOT OF BUSTIC ROMANCE AND REVELRY -Palace Symphony Orchestra --Thomas J. Gaunon-Director Overture, Selections from "Floradora